

a plurality of relatively stiff metal fibers extending from the tip towards the butt, defining a second length and located between two of the fiber reinforced resin layers, the second length being greater than the first length; and

a plurality of relatively resilient metal fibers extending from the tip towards the butt, defining a third length and located between two of the fiber reinforced resin layers, the third length being greater than the second length;

wherein at least one of the plurality of relatively heavy metal fibers, the plurality of relatively stiff metal fibers, and the plurality of relatively resilient metal fibers is located between a different two of the fiber reinforced resin layers than the other of the plurality of relatively heavy metal fibers, the plurality of relatively stiff metal fibers, and the plurality of relatively resilient metal fibers.

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